



Smoke-free Homes Program
Programa de Hogares Libres de Humo



Smoke-free Home Pledge: Planning Guide for Pledge Events



MISSISSIPPI
STATE DEPARTMENT OF HEALTH

What is the Smoke-free Home Pledge Campaign and why is it important?

The *Smoke-free Home Pledge Campaign* is designed to educate parents and caregivers about health risks to children from secondhand smoke exposure and encourage them to commit to providing a smoke-free environment in their homes and cars.

An estimated 11 percent of U.S. children 6 years of age or younger are regularly exposed to secondhand smoke in the home. Protecting children from secondhand smoke is especially important because their bodies are growing and developing. Exposure to secondhand smoke can cause children to experience more respiratory infections such as bronchitis and pneumonia, and middle-ear infections, and more frequent and severe asthma attacks. Secondhand smoke exposure has also been linked to low birth weights and Sudden Infant Death Syndrome also known as SIDS.

Why conduct a pledge event?

A pledge event provides a great opportunity to interact with families, caregivers, and other stakeholders. One-on-one interaction is often the most effective way to educate individuals, ensure that they understand the key messages, and encourage them to take the Smoke-free Home Pledge.

What is included in this planning guide?

This guide provides basic tools and templates for use at any type of pledge event -- health fairs, school or community functions, conferences, or any other event where you can make a difference. These tools offer a simple and organized way for you to encourage, document, and track pledges.

- **Pre-Event Planning Log:** Use the Pre-Event Planning Log to assist you in planning your event and request additional event materials.
- **Event Log:** Document all of the details of your event on the Event Log to help track your progress.
- **Pledge Sheet:** Track all of the pledges from your event on this simple tracking

sheet. The information on the tracking sheet will provide you with a complete, consistent list of pledges, enabling you to easily send follow-up materials and track the results of your event.

- **Pledge Card:** Provide a quick and easy way for participants to take the Smoke-free Home Pledge with the Pledge Card. These cards are great for securing and tracking pledges onsite, and the individual Pledge Card allows pledge-takers to keep their personal information private. Each sheet contains two pledge cards.

How do I use these tools?

Consider the following suggestions for your event:

- Submit the Pre-Event Planning Log at least 3 weeks prior to the event to the local Mississippi Tobacco-Free Coalition (MTFC) director (www.tobaccofreeems.org) or the MS State Department of Health (MSDH) Office of Tobacco Control (1-866-458-4948).
- On your display table, provide Pledge Cards for participants to pledge onsite or take materials home.
- Record all of the pledges from your event on the simple Pledge Sheet.
- Fill out the Event Log, which can serve as a record of your activities and achievements. Submit the completed Event Log within 2 weeks following the event to the local Mississippi Tobacco-Free Coalition (MTFC) director (www.tobaccofreeems.org) or the MS State Department of Health (MSDH) Office of Tobacco Control (1-866-458-4948).

What other secondhand smoke related products are available?

Additional secondhand smoke resources are available. Contact the local Mississippi Tobacco-Free Coalition (MTFC) director (www.tobaccofreems.org) or the MS State Department of Health (MSDH) Office of Tobacco Control (1-866-458-4948) to receive these resources.

Suggested resources for your Smoke-free Home Pledge event include:

- Smoke-free Home Pledge Poster
- Smoke-free Home Pledge Certificate
- Secondhand Smoke Brochure
- Secondhand Smoke PowerPoint Presentation
- Smoke-free Homes Placemat
- Smoke-free Car Decal

You can also visit www.epa.gov/smokefree for details on other available resources.

Ready to Plan Your Event or Need Help? Contact the local Mississippi Tobacco-Free Coalition (MTFC) director (www.tobaccofreems.org) or the MS State Department of Health (MSDH) Office of Tobacco Control (1-866-458-4948).

Take the Smoke-free Home Pledge Pre-Event Planning Log

Event name:	
Sponsor:	
Date(s) of event:	
Name of your organization:	
Name of event coordinator:	
Contact information for event coordinator:	
Number of resources you plan to distribute at your event:	Smoke-free Home Pledge Certificate _____ Secondhand Smoke Brochure _____ Smoke-free Homes Placemat _____ Smoke-free Car Decal _____
Estimated total number of attendees/participants at the event:	
Comments:	

Submit the completed Pre-Event Planning Log at least 3 weeks prior to the event to the local Mississippi Tobacco-Free Coalition (MTFC) director (www.tobaccofreems.org) or the MS State Department of Health (MSDH) Office of Tobacco Control (1-866-458-4948).

Take the Smoke-free Home Pledge Event Log

Event name:	
Sponsor:	
Date(s) of event:	
Name of your organization:	
Name of event coordinator:	
Contact information for event coordinator:	
Number of pledges and corresponding ZIP Codes: (Example: 20 pledges for ZIP Code 12345)	
Number of resources distributed at your event:	Smoke-free Home Pledge Certificate _____ Secondhand Smoke Brochure _____ Smoke-free Homes Placemat _____ Smoke-free Car Decal _____
Estimated total number of attendees/participants at the event:	
Comments:	

Submit the completed Event Log within 2 weeks following the event to the local Mississippi Tobacco-Free Coalition (MTFC) director (www.tobaccofreems.org) or the MS State Department of Health (MSDH) Office of Tobacco Control (1-866-458-4948).



Smoke-free Home Pledge Sheet

I pledge to protect children from the health risks of secondhand smoke by keeping my home and car smoke-free.



[illegible]

Take the Smoke-free Home Pledge

Number of young children (birth-6 yrs. old) in the home: _____

Has smoking been allowed in the home or car (by family or visitors): Yes No

I, _____, on _____, _____,
(Your name here) (Date) (ZIP Code)

pledge to protect children from the health risks of secondhand smoke
by keeping my home and car smoke-free.

Name: _____

Address: _____

City: _____ State: _____ ZIP Code: _____



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www.smokefreeairms.com



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